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Bangalore Mirror

TEMP Max 28 | Min 20 | Humidity 72% Scattered Thunderstorms Sensex 80,981 | Nifty 24,717 | Gold 69,445 | Silver 82,549 | Dollar 83.80 | Euro 91.48 | GBP 107.32

DARK DEED

Annaswamy Mudaliar Road developed under Smart City project terribly unsafe as all its streetlights are defunct

PAGE 3

GREEN SIGNAL

Metro train services on Green Line, extending from Nagasandra to Madavara, set to begin by end of year

PAGE 5

Clinics across state must display name boards in colour designated to their practice — Allopathy is sky blue, while AYUSH practitioners must use light green

BLUE PILL OR GREEN PILL?

Asking for all details on display board may help curb fake doctor menace

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If you're visiting a doctor and unsure whether they are an Allopathic or AYUSH practitioner, there's now an easier way to distinguish between them. The health department has introduced a colour-coding system for doctors. Allopathic practitioners are required to display their name boards in sky blue while AYUSH practitioners must use light green.

There are 33,000 clinics in Karnataka and now all these clinics must display this information without fail. The private medical establishments providing services in integrated systems of medicine should install the colour coded board specified for Ayush System of Medicine.

Health Commissioner D Ranadeep issued this directive, stating, "Every private medical establishment registered under the Karnataka Private Medical Establishment (KPME) Act must prominently display the name of the owners or managers, the KPME registration certificate, the system of medicine practiced, and the services available within their premises for

CONTINUED ON PAGE 8 »

"This measure helps prevent the presence of unqualified individuals posing as doctors. If a practice lacks the required colour coding, it may indicate a potential fraud

— Vivek Dorai, State Deputy Director (Medical Acts)

Ugly scene at canteen

Lack of hygiene at Murugeshpalya's Indira Canteen showcases disregard for multitudes who visit it to get food at cheaper rates

Defunct RO plant at Indira Canteen

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Dirty wash basin, stagnant water and other signs of decay greet customers of the Indira Canteen at Murugeshpalya. Clearly, the people in-charge of the canteen have no respect or concern towards people, especially from economically weaker sections, who visit it to grab some breakfast, lunch, or dinner at an affordable price.

Indira Canteens have been established to provide food not only at affordable price but also serve it in an hygienic atmosphere. But a visit to the Indira Canteen at Murugeshpalya makes you feel uncomfortable. The unhygienic conditions at the canteen make even people, who can't afford to eat from roadside eateries, think twice before getting food from here.

One can see stagnant water on the canteen premise, which also has the potential to become a breeding place for mosquitoes. If the premise does become a breeding

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Vibing jamming

Small World presents Vibe Jams, an extraordinary fusion of sounds and souls. Here, music isn't just played; it's lived. Bring your beloved instrument and dive into a symphony of spontaneous collaboration with fellow music lovers. Whether you're a seasoned professional, a passionate amateur, or just starting your musical journey, Vibe Jams is your playground. Enjoy the thrill of impromptu jamming sessions where melodies intertwine and rhythms sync, creating magical musical moments.
Where: Small World, Koramangala 5th block; When: August 10, 8 pm

02 Movie premier

Come, watch the premiere of the Internationally Acclaimed documentary, 'Walking with M'. The documentary tells the story of the monumental journey or Padyatra of Padmabhushan Awardee and Best-Selling Author Sri M, as he and a group of 100 walkers embarked on an epic 7,500 kilometre odyssey across India, traversing 11 states from Kanyakumari to Kashmir, now regarded as the longest peace-march in the history of modern India. At its core, "Walking With M" embodies the indomitable spirit of humanity and traces the story behind one man's unfathomable attempt to ignite a flame of hope and peace in a world gripped by turmoil. **Where: Chowdaiah Memorial Hall; When: August 7, 6 pm**

03 Enchanting Sufi nights

Connect deeply with your inner self through serene rituals and Sufi traditions. Experience the rich beauty of Sufi poetry and dance, embracing timeless wisdom. Mystic Avi guides you to a night of divine enchantment and soulful melody.
Where: Healing Studioz KPCL; When: August 17 and 31, 6 pm

No more Covid and KFD daily bulletin from now

Since June, no new KFD diseases have been reported, Covid cases have reduced drastically; weekly reporting on infectious diseases to continue

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Bengaluru ranked third highest in the country for Covid 19 cases, recording more than 18 lakh positive cases and more than 17,000 deaths in total

Health Department has announced that it will cease issuing daily Covid bulletins and reports on Kyasanur Forest Disease (KFD) starting August 2, 2024. A health official stated, "The daily release of the COVID-19 Media Bulletin and KFD Daily Abstract reports will be discontinued. KFD, a seasonal disease typically transmitted from November to June, saw 303 positive cases and 14 deaths during the 2024 season. Since June 13, 2024, no new KFD cases have been reported. Additionally, due to a significant decrease in COVID-19 cases, daily reports on this disease will also be halted. However, weekly reporting on infectious diseases will continue as usual."

According to the last Covid bulletin released on August 1, there were only two new positive cases reported, both from Bidar, with Bengaluru recording zero cases. To date, Karnataka has reported a total of 4,097,195 Covid positive cases, with 1,891,558 cases occurring in Bengaluru. The state has also recorded 40,406 Covid-related deaths, including 17,015 in Bengaluru. Bengaluru ranked third highest in the country for Covid-19 cases. Within the city, the highest number of Covid-related deaths were reported in the Bruhat Bengaluru Mahanagara Palike (BBMP) West division, while the fewest deaths were recorded in BBMP East. According to the Covid compensation claims filed, out of 17,467 applications, the BBMP West division reported 3,320 deaths. This was followed by BBMP South with 2,838 deaths, BBMP East with 2,534 deaths, and Raja Rajeshwari Nagar with 1,896 deaths. Other divisions reported the following numbers: Bommanahalli—1,629; Mahadevapura—1,615; Yelahanka—1,240; Dasarahalli—811; Anekal—723;

> **"KFD saw 303 positive cases and 14 deaths in 2024. Karnataka recorded 40 lakh plus Covid cases and 40K plus deaths in total**
> -Health official

Bengaluru South Taluk—253; Bengaluru North (Additional)—250; Bengaluru North—237; and Bengaluru East Taluk—121.

Out of the 17,467 applicants for Covid compensation, 6,105 held Below the Poverty Line (BPL) ration cards, and 2,002 had Above Poverty Line (APL) ration cards. Notably, approximately 9,360 Covid victims in the city did not possess any ration cards. However, compensation has not been fully distributed yet. Ashoka reported that 45 families are still awaiting compensation due to ongoing Direct Benefit Transfer (DBT) validation processes. Additionally, around 1,295 families have yet to link their Aadhar cards to their bank accounts. An official noted, "We have been sending SMS messages to the relatives of the deceased to expedite the linking of Aadhar and bank accounts, but this has not been completed yet."

More reasoning based questions in ICSE and ISC exams

Subject-based question banks consisting of competency focused questions will be introduced in ICSE and ISC exams from 2025

Council for the Indian School Certificate Examination (CISCE) has recently announced the introduction of subject-based question banks for ICSE and ISC (Indian School Certificate) exams, starting from 2025. These question banks will consist of 'competency-focused' practice questions, which will contribute to 25% of the exam weightage. The notice regarding this update was issued by CISCE on Wednesday and circulated to affiliated schools on Thursday. The item banks have been made available to support both students and teachers in their preparation.

Expert teams for each subject have developed and reviewed these question banks, which have also undergone scrutiny by external subject experts. The purpose of these resources is not only to provide students with additional practice material but also to serve as valuable tools for teachers. Educators are encouraged to create their own collections of competency-focused questions to incorporate into their classroom teaching. School administration emphasised the usefulness of these question modules in guiding students on the types of questions they can expect in the exams.

The item banks have been released three to five subjects in batches since July 16, with a goal of making all resources available by August. These materials are accessible to everyone through the CISCE website under the library (publication) tab, covering both ISC subjects like biology, chemistry, and English literature, as well as ICSE subjects.

Principals have observed that while the content has remained familiar, there has been a notable shift towards reasoning-based questions, moving away from the traditional emphasis on rote memorisation. Educationists have also pointed out the increased prominence of multiple-choice questions (MCQs) across all subjects. Teachers are now expected to prepare questions from various categories and utilise the provided modules to create effective questions that stimulate student inquiry. Each item bank categorises questions based on their type, such as recall-based, application-based, or critical thinking, with an aim of fostering a deeper understanding and learning experience.

Darkness rises: All lights off on Smart City's road

Residents of areas around Annaswamy Mudaliar Road complain of instances of theft, robbery after sundown

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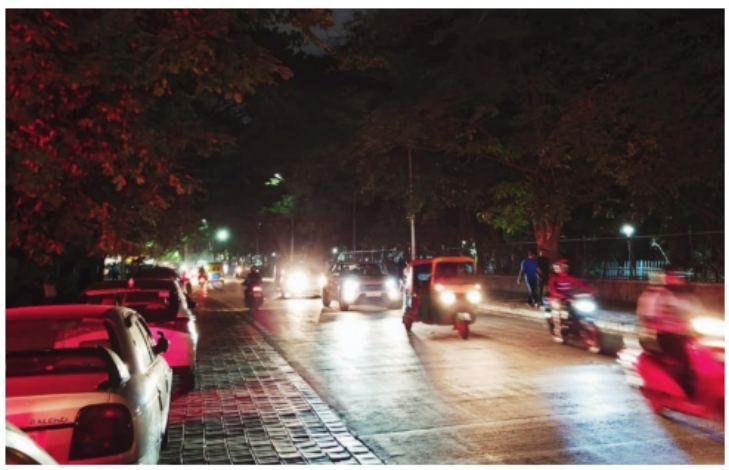


Annaswamy Mudaliar Road is one of the roads developed and upgraded by Bengaluru Smart City Limited two years ago. Residents of the area, who had to struggle a lot to get the problems fixed, were very happy when the road was opened to the public. However, their joy did not last long with most of the LED lights installed on the road already failing to function.

The residents have to think twice before stepping out of their houses at night due to the pitch dark. The defunct LED lights have facilitated a free run for thieves and miscreants.

"We are facing a lot of problems due to the lack of lights on the road. Pedestrians are vulnerable to robbery and are scared for their safety. We have complained to the authorities concerned but it has not resulted in any action. The street lights have not been switched on for the last four months. We do not know the reason – either the bulbs are fused or there is no electricity. The authorities must fix this problem as early as possible," said V Purushotham, a resident.

Expressing concern over the issue, Bonny Karyappa, an advocate, said that he saw two car windshields broken in two days. "It is pitch dark after 7 pm on this road. One woman told me that thieves broke the windshield of her car and made away with a laptop. The street lights need to be restored on a priority basis," said Karyappa.

Appealing to the authorities, especially Bharathinagar Police, to keep a vigil on miscreants who have been taking the pitch dark as an advantage, Kaushhi Chinnappa, a resident, said the miscreants have become not only a nuisance for but also a threat to the residents and pedestrians. "Recently, a few miscreants stopped a woman driving a car and started using filthy language. One of them threw a stone at the car, breaking the rear windshield. There is no one to control the miscreants on this road. Police visit the road whenever we complain. There is no regular police beat on this road at night," said Chinnappa, adding that there are incidents of people urinating on the walls too.

She said the victim has requested the people residing along Halasuru Lake to provide CCTV footage to facilitate tracking the perpetrators. It is learnt that the victim has approached the police seeking registering a complaint against the miscreants but the police allegedly asked her not to lodge a complaint.

Bharathinagar Police Inspector Feroze Mohammed told BM that a complaint has been lodged with the police about the theft of a laptop from a stationary car by breaking the windshield. "We are investigating the case. I will ask the BBMP authorities to repair the street lights on Annaswamy Mudaliar Road," the Police Inspector said.

From K'taka to Kerala

Chief Minister Siddaramaiah on Saturday appreciated the movement of aid and assistance from his state to support and help those impacted by the landslide crisis at Wayanad in Kerala.

The Chief Minister's Office in a statement noted: "CM Siddaramaiah congratulated all the humanitarian organisations for providing relief materials, medical equipment, and other assistance to Wayanad."

The industrialists of the state and private organisations have also come forward to help in various ways.

The Mysuru district administration, along with a team of doctors, has provided 15 freezer boxes, four tractor-mounted compressors, jackhammers, 15 emergency light systems, 40 stretchers, 288 gumboots, five steel cutters, ten gas cutters, bottles of sanitisers, medicines, among other essential articles.

The Kempegowda International Airport Bengaluru has provided water bottles, raincoats, sanitisers, tents, PPE kits, gloves, among other necessary items, the statement noted. Volvo has sent 2,000 packs of sanitary pads, 100 PPE kits, and two trucks.

Member organisations of the Electronic City Industrial Association and Pranav Foundation have provided 40 stretchers, 1,000 N-95 masks, 500 bottle sanitizers, 1,000 gloves, and one truck. – IANS

BM Finance Fundas

New bank money transfer rules from November 1, 2024: All you should know

The Reserve Bank of India (RBI) recently issued a new framework on Domestic Money Transfer (DMT) for regulated firms, making stricter Know Your Customer (KYC) record standards, focusing on banking services, payment systems. The new guidelines will come into effect from November 1, 2024.

According to the RBI in a circular dated 24 July, 2024 said, "There has been significant increase in the availability of banking outlets, developments in payment systems for funds transfers, and ease in fulfilling KYC requirements etc., since then; and now users have multiple digital options for funds transfer. A review was recently undertaken of various services facilitated in the current framework."

The updated rules are designed to guarantee adherence to current financial legislation and enhance the security of domestic money transfers. With the ongoing evolution of cashless and digital transactions, these steps seek to offer a robust and safe framework for money transfers within India.

"The new guidelines reaffirm the need for Domestic Money Transfer, especially for Bharat customers, to complement digital payments in today's era.

The new KYC requirements are consistent with RBI's stance on tighter KYC to prevent fraud and misuse. We also believe these guidelines will help standardize and elevate the customer experience across

various touchpoints," said Yashwant Lodha, Co-founder, PayNearby.

Here is a look at what will change from November 1, 2024.

Cash Pay-out Service: The remitting bank shall obtain and keep a record of the name and address of the beneficiary.

Cash Pay-in Service: Verify cell phone number and documents.

Remitting banks or Business Correspondents (BCs) will register the remitter using a verified mobile phone number and a self-certified 'Officially Valid Document (OVD)' as specified in the Master Direction — Know Your Customer Direction 2016, as revised from time to time.

Additional Factor of Authentication: Every transaction by a remitter shall be validated by an Additional Factor of Authentication (AFA).

Income Tax Act, 1961: Remitting banks and their BCs must follow the provisions of the Income Tax Act of 1961 and the rules / regulations issued thereunder (as amended from time to time) regarding cash deposits.

Remitter details: Remitter bank should include remitter details as part of the IMPS / NEFT transaction message.

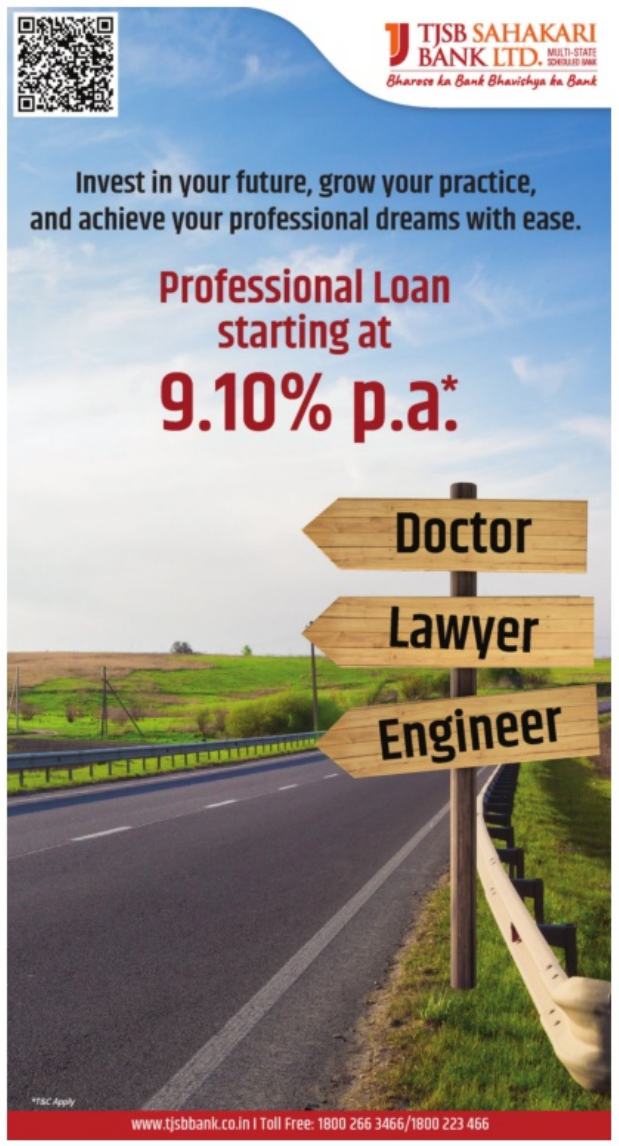
Cash-based remittance: The transaction message should include an identifier to identify the fund transfer as a cash-based remittance.

According to the RBI notification dated October 5, 2011, "A walk-in customer at a bank branch can remit funds up to Rs. 50,000 to the bank account of a beneficiary through NEFT.

Besides, banks are also permitted to allow such customers to transfer funds to a Bank account of a beneficiary through BCs, ATMs, etc. up to a maximum amount of Rs.5,000 per transaction with a monthly cap of Rs. 25,000. Such a walk-in customer needs to provide minimum details like his name and complete address to the remitting bank."

The guidelines on Card-to-Card transfer are excluded from the purview of the DMT framework and shall be governed under the guidelines / approvals granted for such instruments.

— Sneha Kulkarni, ET Online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BM Finance Fundas

With 1H CY24 headline inflation still above the RBI's target, and upside risks to food inflation going forward, we maintain our view that the RBI will keep the policy repo rate unchanged at 6.50% at the Aug 8 policy meeting — Santanu Sengupta, Goldman Sachs

No level playing field for ISRO Junction's footpath

Road and footpath are on same level, due to which motorists are all over it during peak hours; silt buildup and flooding during rains have made matters worse for pedestrians

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The minimum width of the footpath has to be 1.8 metres and the height of the footpath is supposed to be 5.9 inches from the surface of the road to ensure footpaths are pedestrian-friendly. The Bruhat Bengaluru Mahanagara Palike (BBMP) Major Roads Department is supposed to ensure the width and height of the footpaths along major roads as per the norms.

If the condition of the footpath near the ISRO Junction along with Gilly's and towards Murugeshpalya Main Road is any indication, the BBMP Major Roads Department has either forgotten about the footpath or failed to follow the norms prescribed by the Indian Road Congress (IRC). It is quite concerning to find that the footpath's height is level with the road surface, which allows motorists especially two-wheeler riders to use it during peak hours. This situation creates significant inconvenience for pedestrians, who are left struggling to navigate the crowded and unsafe conditions.

Additionally, the drain-cum-footpath is full of silt thus causing water stagnation or flooding whenever it rains heavily. The BBMP authorities failed to put up curb stones along the footpath to prevent two-wheeler riders from encroaching the footpath during peak hours.

Vinod Jacob of Namma Bengaluru Foundation has criticised the BBMP authorities for their failure to address the footpath issues. He emphasised that Old Airport Road is a crucial VIP road and a high-density corridor. "This is ISRO junction near a signal where pedestrians cannot even walk on footpaths. We can find ISRO scientists, school children and citizens who cannot use this footpath and are at risk of fatalities. It's broken and also encroached and the width of the footpath is narrow. Since there are no curb stones, two-wheelers ride on footpaths and even ride the wrong way every day. There are encroachments on this footpath and this has to be removed immediately," said Vinod Jacob.

Demanding the BBMP authorities to upgrade and improve the footpath, Suresh B, a pedestrian, has said the drain is full of silt and needs to be cleaned without any delay to avoid inconvenience to motorists and pedestrians whenever it rains heavily. "The BBMP spent a lot of money on the development of the road but has forgotten to improve the much-needed footpath at this junction. With two-wheeler riders, who are in a terrible hurry, occupying or riding on the footpath, it has become tough for the pedestrians to walk on the footpath," said Suresh.

Expressing a similar opinion, Venkatesh, a resident of Murugeshpalya, has said the footpath is not pedestrian-friendly. "Pedestrians are vulnerable to accidents as the height of the footpath is on par with the surface of the road," he said.

When informed, BBMP Executive Engineer (Major Roads) Priyadarshini said she would send an Assistant Executive Engineer to the spot on Monday. "I will ask him to submit a report on the condition of the footpath. We will take measures, if needed, to fix the problem," said the Executive Engineer.

Meanwhile, BBMP Chief Engineer (Major Roads) BS Prahlad said he would direct his subordinates to visit the spot and take measures to fix the problem.

(Above): Two-wheeler rider using the footpath-cum-drain near ISRO Juncton on Old Airport Road near Murugeshpalya; (Below): The footpath-cum-drain is clogged with silt;concrete slabs are broken.

Green Independence Day: citizens say no to balloons

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In an era of environmental strain, sustainability experts and environmentalists contend that balloons no longer suit contemporary celebrations. As preparations begin for the upcoming Independence Day, eco-conscious citizens are advocating for earth-friendly alternatives. A live event held at Swabhiman Park in HSR Layout today saw many citizens from different parts of the city come together to explore alternatives to balloons and banned plastic flags, which are still sold at traffic signals.

The event was a collaborative effort involving several groups, Beautiful Bharat, HSR Citizens Forum, Indian Ploggers Army, and Solid Waste Management Round Table, in support of the #NoBalloonsPlease movement initiated by Beautiful Bharat in 2018. Odette Katrak, Co-founder of Beautiful Bharat, highlighted the significance of this movement in light of current environmental challenges. "2024 is when the impact of climate change is being felt and therefore appropriate to recalibrate celebrations more in tune with today's stressed environment. Celebrating with balloons is another of the practices we grew up with but now we know it harms our environment. Many environment groups are coming together to support this growing national movement with over 31,000 eco-conscious citizens having signed our 'No Balloons Please' petition on Change.org," she said. Since 2018, Beautiful Bharat has been actively raising awareness and promoting earth-friendly alternatives for year-round celebrations. These alternatives include decorations made from cloth, paper, or flowers, which are not only vibrant but can also be reused, recycled, or composted.

Srilakshmi V, an HSR resident and eco-warrior driving the Beautiful Bharat Do-It-Yourself alternatives campaign, described the event's atmosphere. "A beautiful, warm Sunday morning unfolded into an unexpected burst of creativity. We had doubts about the timing, but the enthusiastic turnout of young children quickly proved us wrong. Their eagerness to learn and create something new was infectious. The lively chatter about the harmful effects of balloons and the importance of eco-friendly decorations filled the air. As it was Friendship Day, we explored how caring for our planet is a form of friendship," she said.

During the event, participants used readily available newspapers, along with repurposed materials like yarn, cotton threads, and paper bag handles, to craft tri-coloured butterflies, pom-poms, stars, and chakras. The children's excitement was palpable as they brought these creations to life. The day concluded with a collective promise to ditch balloons and spread awareness about eco-friendly alternatives. "Their enthusiasm to teach their friends and family filled us with hope for a greener future," Srilakshmi added.

"Creating these eco-friendly decorations was crucial in fostering a sense of responsibility towards our country and planet in young minds,"says Plograj, a participant.

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Road obstruction

JHBCS Layout

A partially damaged road on 9th Cross JHBCS Layout is creating difficulties for vehicles. Cars travelling in both directions must use a single lane to navigate the slope.

Shop encroachment

Indiranagar

A cigarette shop has encroached on a residential area on 2nd Main, Defence Colony in Indiranagar. Complaints to the BBMP have been unaddressed.

Vendors invasion

Thanisandra Main Road

Vegetable vendors have taken over the police chowki located at Saraipalya on Thanisandra Main Road.

Green line trial runs kick off in August

Metro services from Nagasandra to Madavara will start by year end; BMRCL will conduct various tests

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The Metro train services on Green Line, extending from Nagasandra to Madavara, are set to begin by the end of this year. To prepare for this, trial runs will start on August 16 and will continue for approximately two and a half months. During this period, a technical team from Bengaluru Metro Rail Corporation Limited will oversee various tests on the metro trains.

A senior BMRCL official said, "The trial phase will be followed by system integration, which includes aligning signalling, telecommunication, and power supply systems. Once this integration is complete, safety inspections by quality assurance agencies will be conducted. If these inspections yield a positive report, the Commissioner for Railway Safety will grant the necessary approval to launch metro services." The expanded section of the Green Line features stations at Manjunathanagar, Chickabidarakallu (Jindal), and Madavara, with civil work at all stations now complete. This 3.7-kilometre segment has also seen the installation of a cement concrete roadbed. Although work on this line commenced in May 2017, delays due to land acquisition and other issues pushed back the initial target of June 2023. The project is now in its final stages. Upon completion of this final stretch, the Green Line will be fully operational. This extension is expected to significantly benefit commuters travelling from surrounding areas such as Nelamangala, Makali, and Madanayakanahalli. Officials have indicated that the new metro services will greatly facilitate travel for residents of these regions.

The Green line now includes Manjunathanagar & Madavara stations

Meanwhile, the excavation of the underground tunnels on the Pink Line of Namma Metro is advancing swiftly, with 308 metres completed in July alone. Out of the total 20.99 kilometres of underground tunnel construction, only one kilometre remains to be finished. "As part of the Phase-2 project on Reach-6, the tunnel boring machines 'Vamika' and 'Rudra' have successfully excavated nine tunnels between Kalebena Agrahara and Nagawara. Meanwhile, the machines 'Tunga' and 'Bhadra' are in the final stages of excavation, with 'Bhadra' having 624 metres and 'Tunga' 469 metres left to dig. The excavation work is anticipated to be completed within the next two months. On the Pink Line, metro stations are being built at various locations, including Kalenena Agrahara, Hulimavu, IIMB, JP Nagar 4th Phase, Jayadeva Hospital, Swagath Road Cross, Dairy Circle, Mico Industries, Langford Town, Vellara junction, MG Road, Shivajinagar, Cantonment, Pottery Town, Tannery Road, Venkateshpura, Arabic College, and Nagawara. The new line is expected to commence operations by the end of 2025", said an official.

BMRCL officials said that TBM 'Tunga' has set a new record by digging 308 metres in a single month on the Pink Line, surpassing the previous record set by 'Urja,' which excavated 273 metres between Cantonment and Pottery Town. The excavation work is nearing completion, with the final phase expected to finish by the end of September. The BMRCL) is undertaking the task of digging a 13-kilometre tunnel in three phases. While two phases have been completed, the third phase is 60% complete. This phase involves a 935-metre tunnel from KG Halli to Nagawara, which is being by excavated by Tunga and Bhadra TBMs.

DKS slams march

Karnataka Deputy Chief Minister D K Shivakumar on Sunday termed the opposition BJP and JD(S)' ongoing 'padayatra' against alleged Mysuru Urban Development Authority site allotment scam, seeking to corner the Congress government and Chief Minister Siddaramaiah, as a march for "redemption from their sins".

He also questioned JD(S) leader and Union Minister H D Kumaraswamy about the source of his family's wealth and said he could not have made thousands of crores through farming.

"BJP-JD(S) padayatre is a "Paapa Vimochana Padayatre" (a foot march for redemption from their sins), it is the march of the corrupt, by the corrupt and for the corrupt," Shivakumar said.

Speaking at the 'Janandolana' event, he accused BJP leaders and their families, Kumaraswamy and his JDS leaders and their families of indulging in corruption.

The week-long 'Mysuru Chalo padayatre' by BJP and JD(S) from Bengaluru is against the alleged fraudulent allotment of sites to land losers by MUDA, including Siddaramaiah's wife Parvathi.

Noting that he runs a business along with farming, Shivakumar said while Kumaraswamy has clearly said he is the son of the soil and does only farming. "Did he make thousands of crores of wealth just by growing potatoes and onions?"

– PTI

No officials, no solutions: B'luru demands BBMP elections

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Bengaluru residents demand that the Bruhat Bengaluru Mahanagara Palike (BBMP) elections be conducted without delay. An online petition, initiated by jhatkaa.org, calls on BBMP higher officials and Deputy Chief Minister D. K. Shivakumar to set a clear timeline for the elections.

The petition highlights that it has been nearly nine years since the last BBMP council elections. These elections, which should occur every five years, were last held in 2015 and were due again in 2020. The posts remain vacant, leading to widespread dissatisfaction among citizens.

BBMP, the second-largest municipal corporation in India after Mumbai, is crucial for the maintenance and smooth functioning of Bengaluru's civic and infrastructural assets. Chiku, Senior Engagement Associate at Jhatkaa.org, emphasised the negative impact of the absence of elected officials. "Absence of proper elected officials means that there is a dysfunction in essential mechanisms like ward committee meetings which are necessary for addressing issues such as water scarcity, waste, and road management. The lack of accountable authorities has left many issues unresolved and unaddressed," she said.

Citizens face major challenges and safety risks due to civic body negligence and lack of elections

Citizens have been experiencing significant challenges due to the lack of elections. According to the petition, one of the major issues is failing infrastructure. Poor road maintenance has led to disrepair in many areas, such as Outer Ring Road and Sarjapur Road, making them hazardous for both vehicles and pedestrians. The petition also pointed out inefficient essential services, where improper traffic management has resulted in severe congestion.

Safety risks have also increased due to the negligence of the civic body. According to data from the National Crime Records Bureau (NCRB) for 2022, Bengaluru has the highest number of deaths due to civic body negligence. Broken footpaths, pothole-ridden roads, and hanging cables have created dangerous conditions, leading to an alarming rise in pedestrian fatalities. Between 2021 and 2023, pedestrian deaths jumped by 77% due to the lack of proper civic infrastructure.

The online petition by jhatkaa.org underscores the urgency for elected officials to resume their roles in managing and addressing the city's infrastructure and safety concerns. Citizens hope that their voices will be heard, and the elections will be conducted promptly to bring about much-needed improvements in Bengaluru's civic administration.

Task force to start getting rid of Ghat encroachments

Operations begin today; forest department asked to submit report in one month detailing actions taken

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TWEETS @sridharvMirror

State government has ordered removal of encroachments in Chikkamagaluru, Shivamogga, Mysuru, Chamarajangara, Belagavi, Uttara- Dakshina Kannada, Udupi, Kodagu and Hassan districts

Minister of Forest, Ecology, and Environment Eshwar B Khandre on Sunday announced the formation of the Western Ghats Forest Encroachment Task Force to remove unauthorised resorts, home stays, and other encroachments in the Western Ghats across 10 districts of the state. Led by the Principal Chief Conservator of Forests, the task force will begin operations from Monday. The task force will work in coordination with the Advocate General to expedite court cases related to forest encroachments.

"If unauthorised activities continue, future generations will not forgive us. The law applies to everyone equally and commercial activities will not be allowed in the Western Ghats. Hence, the encroachments for commercial purposes in the Western Ghats will not be tolerated. 64-A proceedings related to forest encroachments in the Western Ghats have been completed since 2015, and eviction operations will start immediately. I have instructed the task force to first target large-scale unauthorised resorts and home stays, followed by gardens and buildings. The issue of unscientific road construction and expansion have caused landslides. Action will be taken against contractors and engineers responsible for such work, with notices already issued to those involved," Kharge said.

Referring to recent landslides in Wayanad and Uttara Kannada, the minister highlighted the destruction of natural formations that have existed for thousands of years. He stressed that immediate action is needed to protect the Western Ghats and prevent further damage.

The Forest Department has been directed to submit a report within 30 days detailing the actions taken in this regard. Khandre had instructed the Additional Chief Secretary to take immediate and decisive action against forest encroachments that have occurred since 2015, without any bias. The department has been given a one-month deadline to report on the measures implemented.

> **"The law applies to everyone equally and commercial activities will not be allowed in the Western Ghats**
> – Eshwar B Khandre, Minister

"The government's firm stance aims to safeguard the natural beauty and stability of the Western Ghats, ensuring the prevention of future calamities.The state government has directed the removal of unauthorized forest encroachments in the Western Ghats region, which includes Chikkamagaluru, Shivamogga, Mysuru, Chamarajanagara, Belagavi, Dakshina Kannada, Uttara Kannada, Udupi, Kodagu, and Hassan districts. The Western Ghats are a natural and precious resource, with dense forests and a rich ecosystem. However, the region has been exploited with many coffee plantations, homes, homestays, and resorts built on forest land, leading to soil erosion and landslides. The government has tasked the Forest Department with taking strict action against unauthorized encroachments and removing them immediately," said Khandre. The Western Ghats are a vital part of Karnataka's ecosystem, and the government's decisive move to protect the region is a step in the right direction. "The forests in this region are home to many rare species of plants and animals, and their preservation is essential for maintaining the state's biodiversity," Khandre added.

BDA mulls hike in villa prices in Hunnigere

Bangalore Development Authority (BDA) is contemplating to increase the prices of villas in Hunnigere, off Nelamangala-Sondekoppa road. Initially, the BDA had set prices at Rs 75 lakh for 3 BHK (Bedroom, Hall, Kitchen) villas and Rs 1.10 crore for 4 BHK villas. However, due to rising construction material costs, the BDA is planning to revise these prices. The new prices are likely to be at Rs 85-90 lakh for 3 BHK villas and Rs 1.15-1.20 crore for 4 BHK villas. The final pricing will be confirmed in the upcoming board meeting. The construction of these villas was completed in June, but allotments have been delayed. The project, which spans 31 acres in Hennur, also includes flats on Tumkur Road. Although construction is finished, there is a delay in providing electricity connections.

In addition to the villas, the BDA has also constructed 320 1 BHK flats intended for economically disadvantaged individuals. Originally priced at Rs 13.50 lakh, the cost for these flats has now been increased to Rs 15 lakh. The sale of these properties will be conducted through auction, with prices adjusted based on construction costs.

However, consumers are not happy. Aniketh Kashyap, a techie said, "The timing of this price increase is particularly troubling. We are already grappling with rising costs of living, inflationary pressures, and economic uncertainties. The additional financial strain caused by higher property prices adds to the overall financial stress faced by consumers, impacting our ability to save, invest, and plan for the future. Furthermore, the lackluster demand for BDA flats in recent times should be a clear indicator that price hikes are not in line with market realities. Increasing prices in a sluggish market only exacerbates the problem by further dampening demand and prolonging the time it takes for unsold inventory to be absorbed." **— BMB**

NOTES FROM THE FIELD

Canine blood donation

In a twist on traditional blood donation drives, Koppal recently hosted a unique event dedicated to canines. When the local veterinarian called for a canine blood donor, a pet owner promptly responded by bringing his dog in to help. This generous act provided crucial blood for another dog in urgent need, marking one of the first instances of such a drive in Koppal. A veterinarian told the media, "We perform blood transfusions for animals, such as the 10-year-old Labrador suffering from tick fever. With a dangerously low hematocrit value, we needed to find a matching donor. After testing three dogs, one matched perfectly, allowing us to draw 350 mililitre of blood. The transfusion, completed within six hours, saved the Labrador's life. Unlike humans, dogs don't have blood banks, so we rely on dedicated donors and a keen understanding of the seven dog blood types to ensure we meet their needs."

Online seva

The Muzrai department has recently introduced online sevas in response to a growing trend of devotees using mobile payments, which has led to a decrease in hundi collections. QR codes are now being used for online donations. However, this move has faced opposition from priests. Dr KS Dixit expressed concerns, saying, "We are receiving calls in the middle of the night demanding pooja services or placing orders for the next day, which is challenging. Therefore, we are requesting the government to prohibit the use of mobile apps for offering sevas."

Heeding to doctors

As the Bharatiya Janata Party and Janata Dal (Secular) embark on 'Mysuru Chalo' padayatra, there's mounting pressure on every top leader to join the march. HD Kumaraswamy, who kicked off the padayatra at Kengeri on Saturday, has revealed he'll be present at key moments but won't be walking the full distance. "I wanted to join the walk with everyone, but doctors have strongly advised me against too much exertion," Kumaraswamy told journalists. During a crucial core committee meeting of BJP and JDS, HDK was addressing the media when he suddenly started bleeding from his nose, leaving blood stains on his shirt. The situation required him to cut his briefing short and rush to the hospital. Fortunately, he was discharged the same day, reassuring everyone that there was nothing serious to worry about.

Heart wrenching moment

In a recent incident from Ilkal, even the cop who caught the traffic offender was in tears. Speaking to the media, Lady Police Sub-Inspector SR Nayak said, "I was posted at Kanti Circle, Ilkal when I caught a vehicle with three people riding on it. I snatched the key and asked the rider why he was doing this. Since he was not wearing a helmet, I tried to educate him and asked him to pay the fine. He then paid the fine, but I noticed he was crying. When I asked him what happened and where he was going, he told me he was on his way to pay his college fees. I took him aside, explaining that the fine was necessary for legal reasons. As a humanitarian gesture, I gave him money to pay his college fee, but he refused. Ultimately, I had to put the money in his pocket and educate him that he should not violate the rules in the future."

Good luck

While offering 'Bagina' at Krishna Raja Sagara, Chief Minister Siddaramaiah held a press conference and left after his speech, which was then taken over by his deputy, DK Shivakumar. However, a curious Siddaramaiah returned to listen while DKS was speaking to the media. "There have been many rumours that there was a drought after Siddaramaiah took over as CM, but this year's rainfall has disproved it. I want to clarify that clouds don't know who the CM is, and hence it is not right to blame the government for drought or floods," DKS said.

Squat penalty

With heavy rainfall, most of the waterfalls have sprung back to life. Last year, due to poor rainfall, the waterfalls were dry; but this year, tourists are flocking to see the cascading waters. However, many visitors are attempting to reach the bottom of the waterfalls, which can be quite dangerous. There is a ban on tourists entering the base of the Bharachukki Falls, yet many are violating this rule. Recently, the police found a new way to enforce discipline: they caught the violators and made them kneel down and perform squats as a penalty, hoping this would deter future infractions.

— Sridhar Vivan

10-men hockey team pull off dramatic win

First time since 1972 in Munich that India reached semis in two successive Olympic Games

The Indian men's hockey team once again rose to the occasion and stood tall against Great Britain to take a 1-1 (4-2) victory in a shootout to secure a semifinal berth in the Paris Olympics on Sunday.

This is the first time since 1972 in Munich that India have reached the semifinals in men's hockey in two successive Olympic Games. Previously, India had won successive bronze medals at the 1968 and 1972 Olympics after reaching the semis. India have won the bronze medal in the Tokyo Olympics and are in the fray to at least replicate or better that performance in Paris.

For India, captain Harmanpreet Singh (22') netted a goal while Lee Morton (27') was on the scoresheet for Great Britain as the match ended with score tied at 1-1 in the regular time, thus forcing the game into the shootout, where India converted all their chances and denied their opponents twice to win the quarter-final match 1-1 (4-2) and make it to the semi-finals.

India's goalkeeper Parattu Reveendran Sreejesh and teammates prepare to defend a penalty corner during the men's quarterfinal field hockey match between Britain and India; India's Rajkumar Pal celebrates

Great Britain started the game on the front foot and India looked set to play on the counter-attack. Both sides came out swinging in a fiery first 15 minutes which saw the deadlock remain intact.

In a controversial turn of events, India's Amit Rohidas was shown a red card two minutes into the second quarter which reduced India to 10 men for the rest of the match. Despite the red card India took the 1-0 lead against the run of play through skipper Harmanpreet Singh's penalty corner conversion in the 22nd minute which saw him score his seventh goal of the tournament. Five minutes later Lee Morton equalised for Great Britain to tie the game, leaving a mountain for India to climb in the second half. To make matters worse, Sumit was shown a green card in the final minute of the third quarter which reduced them to nine men for the next two minutes. So, India started the final quarter with just nine men and held Great Britain from taking the lead.

India will face the winner of the quarter-finals between Germany and Argentina in the semifinal on Tuesday. **-IANS**

'God of Indian hockey'

Hockey India president Dilip Tirkey lauded the legendary goalkeeper PR Sreejesh for his superb performance while defending the goal, calling him the 'God of Indian hockey'. Harmanpreet Singh-led Indian men's hockey team defeated Great Britain in a thrilling quarter-final match at the Paris Olympics and advanced into the semi-final on Sunday. As the score was level 1-1 after the end of regulation time, India won the shoot-out 4-2 and made the semi-finals. Dilip said to ANI after the match, "He (Sreejesh) made some important saves in the match. Even during the shootouts, he defended the goal with confidence. He has done so well in the past. He is the god of Indian hockey."

'My dream turned into nightmare'

Devastated after a split verdict denied him a podium finish at the ongoing Olympics, Indian boxer Nishant Dev said his dream has turned into a "nightmare" following the "injustice", which has left his heart heavy with "anger and sadness". Dev, the 23-year-old world championship bronze-medallist, lost 1-4 to his second-seeded Mexican opponent Marco Verde Alvarez in the men's 71kg quarter-final despite seemingly dominating the contest on Saturday.

"Nobody truly knows how hard I worked, the countless hours I dedicated to manifesting this dream, and the honesty and truthfulness I poured into my training. Every day was a step toward this goal, every sacrifice a testament to my commitment.

"And in one cruel moment, it was all taken away from me," he shared in an instagram post.

Dev said the loss felt so heavy that he "felt like everything was ripped from me." "The injustice of it all left me with a heavy heart and

a flood of emotions. Anger, disappointment, and sadness intertwined, creating a storm within me. "It felt like a dream turned into a nightmare in an instant. Hearing the judges' scores, it felt as though there was nothing left in my body. The pain was so intense that I felt I just couldn't take it." Dev, however, vowed to work harder and return smarter. "I may have missed out on a medal but I have gained a renewed sense of purpose. My journey doesn't end here; it begins anew. I will train harder, fight smarter, and come back fiercer," he wrote. **-PTI**

'It was a really good match, learned a lot from Axelsen', says Sen after semis loss

After failing to progress for the gold medal match in the Paris Olympics, Lakshya Sen termed it a good match against defending Olympic champion Viktor Axelsen of Denmark in the men's singles semifinal here at La Chapelle Arena on Sunday.

Lakshya lost in straight games 20-22, 14-21 in a match that lasted for 54 minutes. The 22-year-old shuttler had three game points in the opening game while in the second game, he started with a dominating 7-0 lead but failed to pull things in his favour as India's dream of maiden Olympic gold in badminton faded away.

However, Lakshya still has the chance to end his campaign on a high as he will take on Malaysia's Lee Zii Jia in the bronze medal match on Monday. He is the only Indian shuttler alive in the quadrennial event.

"I got a good start then I was just trying to play the same game. I was trying to be very very passive in the second game after having a good lead. If I had attacked a bit more, I would have had my chances. After he got back into the game, it was difficult for me," Lakshya said after his match.

"It was a really good match, I've learned a lot from him. At times, we had trained together," he added.

Reflecting on his big lead in the second game before Axelsen unleashed his burst to take the match, Lakshya said, "I think both (sides) were pretty even. From the side I started, the shuttle was a little bit fast. Overall, I was in control in the second game. I was a bit nervous in the end. I've everything to play for tomorrow and be ready." On the other hand, the World No. 2 ranked Axelsen said Lakshya will be the favourite to win gold in the 2028 Los Angeles Olympics.

"Lakshya Sen is an amazing talent. It was my toughest match so far. I think in the next Olympics Lakshay Sen will be the favourite to win the gold. He has a bright future ahead, I wish him all the best," the Danish shuttler said.

Axelsen will take on Thailand's Kunlavut Vitidsarn in the men's singles gold medal match on Monday. **-IANS**

Lakshya Sen faces Viktor Axelson at the men's singles semifinal on Sunday

No thought spared for hygiene at Indira canteen

CONTINUED FROM PAGE 1

place for mosquitoes, not only people visiting the canteen but also residents of Murugeshpalya Main Road are vulnerable to dengue.

The dirty concrete hand wash basins fixed at two places crave for the immediate attention of the authorities. The layer of algae in the two basins showcases the apathy and negligence of the people in-charge of the Indira Canteen.

"It is the responsibility of the people managing the Indira Canteen to keep it clean. The unhygienic condition at the canteen is disappointing," said Vinod Jacob of Namma Bengaluru Foundation.

When contacted, a person who claimed to be in-charge of cleaning, told BM that he has been cleaning the canteen on a daily basis. When asked about the layers of algae in the two concrete wash basins, he has no answer.

People who visit the Indira Canteen for breakfast are not happy with the same breakfast – rice bath or pongal – every day. They want the people at the canteen to supply breakfast as per the menu displayed on the premises. "There is no demand for rice items in the morning. The kitchen stopped supplying idlis for breakfast," said one of the employees at the Indira Canteen.

One of the concrete handwash basins at Indira Canteen at Murugeshpalya

Prakash T of Adamya Chetana Foundation, who claimed to be supervisor of the Indira Canteen, said that he would take measures to keep the wash basins clean and ensure that the stagnant water on the canteen premise is cleared up without any delay. "I will visit the Indira Canteen within one hour. It will be clean and neat by evening," said Prakash.

Security alert for Apple users

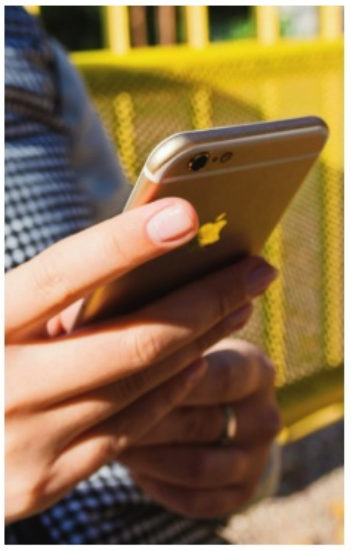
Govt issues 'high risk' advisory for several devices

The Indian Computer Emergency Response Team (CERT-In) has issued a severe warning regarding critical vulnerabilities in Apple products. The advisory, dated August 2, flags high-risk security issues across various Apple devices, including iPhones, iPads, Macs, and other products.

Apple Security Alert: Vulnerable Software Versions

The vulnerabilities affect several versions of Apple software:
iOS and iPadOS: Versions prior to 17.6 and 16.7.9
macOS: Versions prior to 14.6 (Sonoma), 13.6.8 (Ventura), and 12.7.6 (Monterey)
watchOS: Versions prior to 10.6
tvOS: Versions prior to 17.6
visionOS: Versions prior to 1.3
Safari: Versions prior to 17.6

CERT-In has highlighted that these vulnerabilities could allow attackers to access sensitive information, execute arbitrary code, bypass security restrictions, cause denial of service (DoS), and perform spoofing attacks. The advisory describes the severity of these flaws as "high."



Apple Security Alert:Immediate Update Required

CERT-In urges all Apple users to promptly install the latest software updates provided by Apple to address these vulnerabilities and mitigate potential risks. The advisory underscores the critical nature of these security flaws and the need for immediate action to protect against possible attacks.

Apple Security Alert: Spyware Alert

In addition to the vulnerabilities, Apple has alerted users about potential "mercenary spyware attacks," akin to the Pegasus spyware. These alerts, sent to users across over 150 countries, including India, are intended to warn about sophisticated spyware threats targeting iPhones.

Notable figures, including Iltija Mufti, media adviser and daughter of former Jammu and Kashmir Chief Minister Mehbooba Mufti, and Pushparaj Deshpande, founder of Samruddha Bharat Foundation, have reported receiving these warnings.

Apple Security Alert: Government and Company Responses

The Ministry of Electronics and Information Technology (MeitY) and Apple have yet to respond to inquiries regarding these issues. CERT-In continues to monitor the situation and advises users to stay informed about the latest security updates. The central government's advisory emphasises the high risk associated with these vulnerabilities and urges users to take immediate steps to secure their devices.

ET Online

Colour code for your medicine

CONTINUED FROM PAGE 1

public information, as mandated by Rule 5 of the KPME Act." The aim of this new regulation is to make it easier for patients and the public to identify the treatment methodologies offered by private medical establishments.

Size issues

However, some smaller private medical facilities have faced challenges with the size requirements for these boards due to limited space. In response, the Indian Medical Association has requested a relaxation in the board size based on the classification of private medical establishments. Consequently, a revised circular dated June 6, 2024, has adjusted the size requirements and emphasised the importance of displaying the board in Kannada.

For medical establishments such as Allied Health Professional Centres, AYUSH Therapy Centres, Clinics with Diagnostic Support, Dental Labs, and Diagnostic Imaging Centres, the following specifications for boards have been established. Each board must have a minimum width of 5 feet and a height of 2.5 feet.

It should feature three distinct rows: the first row must display the KPME registration number, the second row should include the name of the establishment, and the third row should present the name of the owner or manager.

The text on the board should be large enough to be easily readable, with all letters in black. Additionally, the board must be fixed in place and not movable. For those providing services within the Integrated System of Medicine, the board must use the color code designated for AYUSH practitioners.

> **"Introduction of a colour-coded system for medical practitioners is a significant step forward in enhancing clarity and accessibility in healthcare**

Vivek Dorai, State Deputy Director (Medical Acts) and State PCPNDT nodal officer, stated, "The introduction of colour-coded name boards for medical establishments is crucial for public awareness and safety. By clearly displaying the system of medicine practised, these boards will provide essential information and ensure that only licenced professionals are practising. This measure helps prevent the presence of unqualified individuals posing as doctors. If a practice lacks the required colour coding, it may indicate a potential fraud, allowing for prompt action and complaints from the public. Ultimately, this initiative aims to safeguard patients and uphold the integrity of medical practice."

Welcoming the move, Aniruddh Pai, a college student, said, "The introduction of a colour-coded system for medical practitioners is a significant step forward in enhancing clarity and accessibility in healthcare. Patients can now easily identify the type of medical treatment available at any private medical establishment.

This streamlined approach not only simplifies the process of choosing the right healthcare provider but also ensures that patients are better informed about the system of medicine they will receive. The coded boards will aid in reducing confusion and improving public trust.

Overall, this initiative represents a significant advancement in healthcare administration, contributing to a more organised and accessible medical environment for all patients."

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personal

CHANGE OF NAME

I, Maheswarappa Revakla Hanumanthappa R/o No.8, Katha.348,1st cross, Manjunathanagar, Ramamurthynagar, B'luru 560016 have changed my name to Maheshwarappa Revakla Hanumanthappa Affidavit Dt.03/08/2024 notary Harisha G, B'luru

I Subhan Saleem S/O, Subhan R/o No:11, 1st Cross, Vinobhanagar, K.g.halli, Arabic College Post, Bangaluru-560045. have changed my name to Saleem.

I, Vijayakumar Basavaraju R/a No.96, 2nd Main, 2nd Cross, Jananabharathi Layout, Mariyappanapalya, Bengalore-560056. Have Changed To VIJAY KUMAR BASAVARAJU. Vide Affidavit Date: 02-08-2024. Sworn Before Notary : Devaraja E.

I Divyashree Madhushekar W/O, Chickmagulur Murthy Madhushekar R/o No 3092, Sobha Sunscape Apartment, Off; Kanakapura Main Road, Nagegowdanapalya, Thalaghattapura, Bangalore - 560062 have changed my name to Divyashree Krishnamurthy .

I Manjula Rai KS D/O, Venkappa Rai KS R/o C1102, Arge Urban Bloom, No 30/A, 2nd Stage, Yashawanthapura, Bengaluru-560022 have changed my name to Manjula S Shetty after my marriage with Sanath Kumar Shetty K

I, Mukesh Kumar Yadav R/o A1202 Godrej Air, Hoodi Main Road, Seetharampalya, Bangalore 560048 have changed my minor daughter's name from Rhea Mukesh Yadav to Rhea Yadav.

I, Venu Madhav Routhu R/o A-1704, Aparna Elina, Survey 47, Yashwanthapura Indtl Suburb, Bengaluru - 560022, Karnataka, India have changed my minor son's name from Vedant to Vedant Venu Madhav.

I, Saara Ali W/o K. Shoukath Ali R/a No. 134, 2nd Cross, Maligowdana Halli, Bengalore South, Karnataka-560060. Have Changed My Name From SARVAMANGALA To SAARA ALI. Vide Affidavit Date: 02/08/2024. Sworn Before Notary: G.R. Rajanna.

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HEALTH TIP: Right plant-based foods can be excellent sources of protein and other nutrients

Smoothies can be a good option to ensure you are incorporating beneficial vegetables into your daily diet

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Going on a green trip

People tend to be less green on holiday – here's how to change that

Copenhagen recently announced it will start rewarding tourists for going green. Visitors to the city who participate in climate-friendly initiatives, like cycling, train travel and clean-up efforts, will get free museum tours, kayak rentals, meals and other benefits.

Elsewhere, local authorities are increasingly using disincentives or bans to protect local quality of life and prevent irresponsible behaviour. This includes Barcelona's tax on cruise ship passengers and Mallorca's sustainable tourism tax.

But which approach works better – Denmark's carrots or Spain's sticks? Research suggests carrots (or incentives) tend to be less effective than sticks (such as bans or penalties), even though people prefer carrots. This is partly because carrots, such as subsidised public transport, may not break car use habits, whereas sticks like congestion charges, are harder to ignore. A more effective and popular approach is to combine sticks with carrots – this helps break habits while reducing barriers to using alternatives.

At the UK Centre for Climate Change and Social Transformations, we know a lot about how to encourage more eco-friendly actions, but we also know that people are inconsistent. Measures that result in behaviour change at home may not work for the same people when they're on holiday.

Studies show that people tend to be less green on holiday than at home. There are several reasons for this. First, we may consciously want to maximise enjoyment while on holiday. This "enjoyment-focused mindset" means consuming more, leading to more pollution. People also see holidays as a break from obligations – this can include environmental obligations.

In some cases, it may simply be more difficult to be green in other places where infrastructure doesn't support green behaviour: for example, hotels may not have recycling facilities. Another reason is that our habits are context-dependent, so when we're somewhere new we may act differently.

We found that recycling habits were much weaker in workplaces and on holiday, than at home. Interviews and a survey of UK laboratory workers showed different factors predicted recycling and waste reduction habits across these contexts – the proportion of waste recycled in the home was almost double (67%) that recycled in the workplace (39%) and on holiday (38%).

So people often find it much harder to be sustainable on vacation where the environment is controlled by someone else, and where cost, convenience and time are often prioritised to ensure a good holiday. Green obligations or habits may not travel with us on holiday, so tourism providers should consider ways of greening behaviour relevant to their tourism context. Effective examples include reducing plate sizes at buffets or requiring guests to opt-in if they want daily hotel room cleaning.

> **People often find it harder to be sustainable on vacation where cost, convenience and time are often prioritised to ensure a good holiday**

But how long-lived are the effects of green behaviour changes adopted while on holiday? Do people who try cycling or litter-picking on holiday continue to do so once they've come home?

Context is important – we often revert to old habits when we get home. Green behaviour in nature reserves, for example, is unlikely to spillover to the home unless there is supporting infrastructure (such as cycle paths) in both places.

This spillover effect is more likely when someone undergoes a process of transformation on holiday.

Research on transformative tourist experiences finds that immersive, joyful, and enriching experiences – enabling tourists to actively engage with local communities and foster new skills – can trigger permanent behaviour changes. For example, the Malama Hawai?i Program ("malama" means give back) encourages tourists to volunteer with local communities, creating profound, immersive and enriching experiences.

Home and away

You don't need to go abroad to experience these transformational effects. In our study of food festivals, we found that visitors' level of engagement in a food festival (that is, food and drink tasting, discussing food with local producers and learning more about local food products) not only increased festival enjoyment but also drove locally-produced food purchases six months later.

Similarly, we found visitors' level of behavioural engagement during a national cultural festival influenced cultural post-festival legacies. We categorised festivalgoers into four groups based on their participation levels in festival activities – disengaged, observers, learners and doers. Both learners and doers were more likely to get involved in cultural and community events afterwards, possibly because they were more directly invested in hands-on activities during the festival.

Taken together, this means breaking habits and enabling good behaviours are both important for change either on holiday or at home. But behaviour change that spans contexts requires transforming people's sense of self, connection to others and skills. Critically, providing monetary rewards is not enough to trigger transformation. That comes from deeper cognitive, emotional and social engagement.

Ultimately, this may involve reconceptualising tourism from being another space for (excessive) consumption to an opportunity for personal growth and giving back – or more malama.

(By Lorraine Whitmarsh, University of Bath and Nicole Koenig-Lewis, Cardiff University, The Conversation)

All you need to know about...

Schizophrenia genetics

Symptoms
Schizophrenia is a neuropsychiatric disorder characterised by recurrent episodes of psychosis, including hallucinations, delusions, and disorganised thinking, and given that it runs in families, researchers are focusing on genetic testing and analyses to pinpoint risk factors.

Rare genetic variants
Recent genomic research has identified nearly 300 common genetic variants and over 20 rare variants as significant risk factors for schizophrenia.

Overview
Patrick Sullivan, of The Royal Australian and New Zealand College of Psychiatrists (FRANZCP), the Yeargan Distinguished Professor of Psychiatry and Genetics at the UNC School of Medicine, along with researchers from the Karolinska Institute in Stockholm, have developed a detailed overview of the genetics of schizophrenia.

Brain's organisation
Concurrently, research on the brain's functional organisation has illuminated the complex cellular composition and interconnections within the brains of both neurotypical individuals and those with schizophrenia, where apathy, social withdrawal, and poor emotional control are other symptoms.

Multiple genes
The findings underscore the surprising complexity of schizophrenia's mechanisms, pointing to the involvement of multiple genes rather than a single gene.

Environmental factors
Sullivan and his colleagues reviewed these complexities and proposed future research directions in their Nature Reviews Neuroscience article. However, they also highlight the importance of environmental factors – such as lifestyle, drug use, poverty, stress, and birth complications – in addition to genetic risks. **–IANS**

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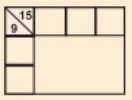
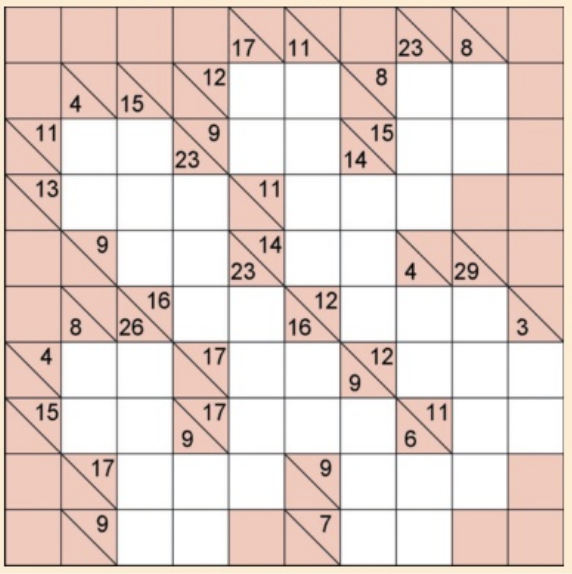
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

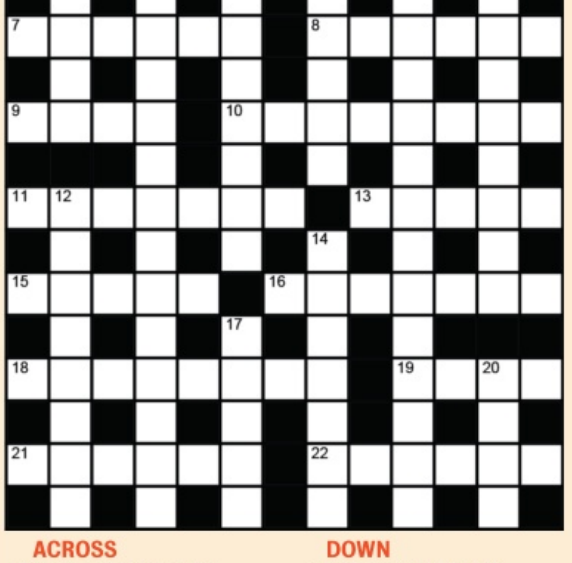


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Marine creatures (6)
8 Graciously allows (6)
9 Norse god (4)
10 Amusement park on the Bangalore–Mysore highway (8)
11 Endeavours (7)
13 Umpire Bucknor (5)
15 Monk (5)
16 Insults, outrages or slights (7)
18 A double-crosser or a cheat? (3-5)
19 Mr Abdullah of J&K (4)
21 Of complexion, ruddy (6)
22 Local inhabitant (6)

DOWN

1 Got a hole in one (4)
2 Ripped into rags (4,2,7)
3 Foolish persons, dullards (7)
4 Blissful places (5)
5 Expresses approval of; agrees to? (5,3,3,2)
6 Fettered, not free (8)
12 Good-bye (8)
14 Insult (7)
17 An organic compound–"Dime I" change ? (5)
20 Thomas ___ Edison : the famous inventor? (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: S EQUALS T

SCT XYPRXFO RO SCWS ECRUC RO DTPTL OTTD FDSRM OX-NTXDT TKZLTOOTO RS ORNZMI.

Linemaro

I thought happiness started with a H, now I have found mine starts with U

Mindchow

Cut off fake people for real reasons, not real people for fake reasons

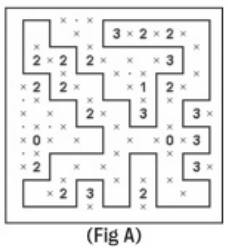
Joke of the day

Boy: "I love you so much, I could never live without you." Girl: "Is that you or the beer talking?" Boy: "It's me talking to the beer"

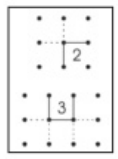
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

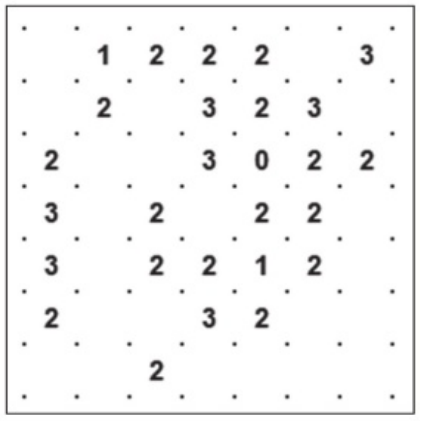


(Fig B) Not Allowed

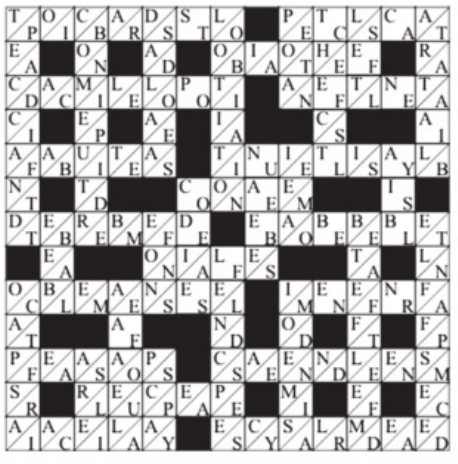
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



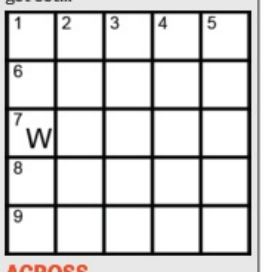
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Irons; 6 Manet; 7 Eg dew; 8 Ligae; 9 Gable

DOWN

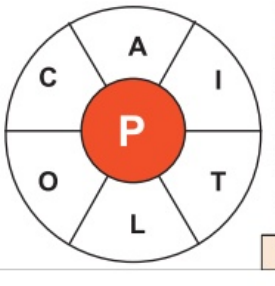
1 Bwana; 2 O Mage; 3 Ridge; 4 Ligne; 5 Leets

Mensapuzzle

On the right are 12 letters found in common, everyday word. Find it.

E	E	T
M	N	T
L	E	G
A	N	N

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

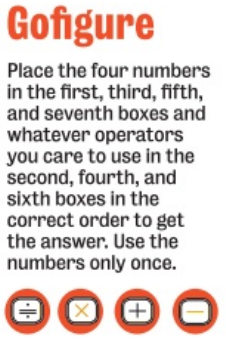
SudokuChallenge

			3					6
							1	
	1		8	9			4	
	8	9		5				1
7								3
6				7		4	2	
	7			1	9		8	
	4							
8					5			

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

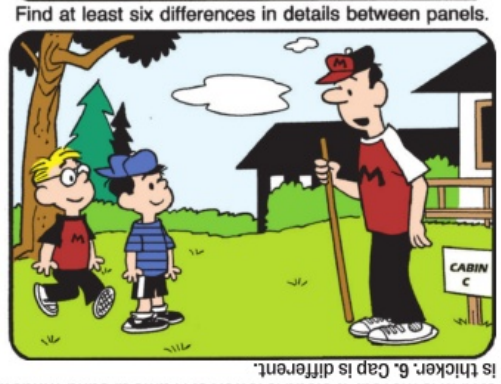
Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Hocusfocus

Find at least six differences in details between panels.



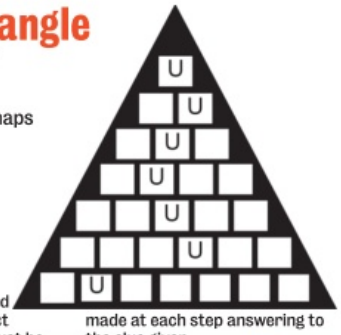
Differences: 1. Stick is shorter. 2. Glove is missing. 3. Arm is moved. 4. Cloud is lower. 5. Frame around window is thicker. 6. Cap is different.

Riddler

I'm never orange, Though yellow can be. A bard's good friend, In his songs you find me. In a child's book kept, And in ballads too, I'll bet you're surprised Not to find me right here. What am I?

Alpha triangle

1 Horseshoe letter
2 Xi preceder
3 Race
4 Bankruptcy, perhaps
5 Acclimatise
6 Harm
7 Desert shrub



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

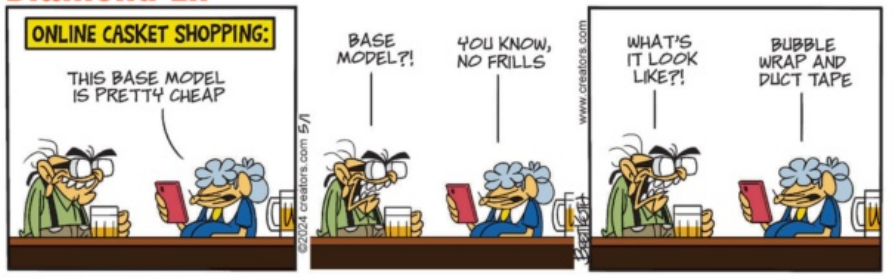
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye

Bizarrotrip

Diamond Lil



Hart of the city

APPARENTLY, SOMEONE HAS BEEN FILLING THE POTHOLES ON 10TH STREET.
WHICH PUSHED THE STREET DEPARTMENT TO FILL THE REST OF THEM SO CITIZENS DON'T HURT THEMSELVES.
I ALSO NOTICED SOME ASPHALT ON YOUR SHOES. AND I CAN'T FIND MY SHOVEL!
WH-WHAT A COINCIDENCE...
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Crankshaft

WE PLAY IN OUR SCHOOL'S MARCHING BAND!
DRUMS ALONG THE SIDELINES
GOOD FOR YOU! I TOTALLY SUPPORT YOUR EFFORTS!
GOOD, BECAUSE WE'RE SELLING BAND CANDY TO RAISE MONEY FOR NEW UNIFORMS!
WELL PLAYED!
BATIUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be very happy, your losses may convert into profits. Your boss may be happy and appreciate your work. You may likely have some changes in your place, and position at work, in terms of promotions. You are likely to control opponents and hidden enemies. Love birds may make important decisions in terms of marriage with the help of relatives or friends.

Taurus Apr 21 – May 20
Today the moon is positive, so your health may be good today. You may likely visit religious places with your family or friends. You may plan to donate some amount to any religious place or some charity. Property-related deals may likely be done. You may plan for overseas travel related to work. You may also plan for higher education.

Gemini May 21 – Jun 21
Today, the moon is negative. You may be a victim of conspiracies. You are advised to avoid being involved in controversies. Your strong willpower and blessings from elders may protect you from this messy situation. You are advised to avoid making arguments in domestic life. You should also avoid rash driving or any adventure tour.

Cancer Jun 22 – July 23
Today you may be busy at work. You may be enthusiastic, which may speed up your project. You may be able to make quick decisions which will increase your business. You may likely start an innovation in partnership. Investments in the fixed assets in the partnership are not advised.

Leo Jul 24 – Aug 23
Today you are blessed by the moon. You may perform well at work, you may expect a promotion or transfer in terms of gains. You may also plan to change your current job. Your relations with the seniors will be strong. Old health issues will be cured now.

Virgo Aug 24 – Sep 23
Today you are blessed by the moon. Things may be under control, you will enjoy work, and your focus may be good. Which will reflect in your way of working. Your wisdom will help you to go ahead in making difficult decisions in terms of profession. Your past investments may likely give profits.

Libra Sep 24 – Oct 22
Today you may have a dull feeling. You may be dissatisfied. You may not enjoy your day. You may be a victim of arrogance. It may affect both your professional and domestic life. You may internally feel a lack of confidence, which may stop you from doing something creative at work.

Scorpio Oct 23 – Nov 22
Today, you may feel energetic. You may perform efficiently at work, your hard work may pay you now, which may boost your confidence. Property-related disputes with the siblings are likely to be resolved now. Your meeting with an influential person may boost your network. Disputes with the partner may also be resolved.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by the moon. You are polite with the people around you. You may make difficult decisions in the business, with the help of your family members. You are likely to get a big order with the help of your communication skills, which may increase the business.

Capricorn Dec 23 – Jan 20
Today you are blessed by the moon. You may have good internal strength, you may enjoy at work and may enjoy romantic moments with your spouse, which may improve domestic harmony. You are likely to make new plans to start a new project. Your perfection may help you to implement the plans successfully. Job seekers may find good jobs. Love birds are advised to avoid discussions on worthless topics.

Aquarius Jan 21 – Feb 19
Today you may be disappointed. You are advised to control your arrogance, otherwise, you may face some losses due to your harsh speaking. Love birds should be careful in making discussions on worthless topics, otherwise, relations may be affected.

Pisces Feb 20 – Mar 20
Today, there may be peace in the mind. You may plan to invest capital in the business, which may increase liquidity in your business. Your earnings may boost your bank balance. You may enjoy romantic moments with your spouse, which may enhance harmony in the family life. Singles may likely find a good match. Love birds may decide to get married.

KIDZONE

Ananya Vastare, 10 Years, Insight Academy

Anirudh R, 12 Years, Avm High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
256^(1/8) = 2
2^√16 = 2^4 = 16
16 / √64 = 16 / 8
16 / 8 = 2

RIDDLER
Rhyme

FAST FIVE

B	A	G	E	L
A	G	I	L	E
W	E	D	G	E
A	M	E	N	T
N	O	R	I	S

QUOTE UNCODE
The obvious is that which is never seen until someone expresses it simply.

STRIKE OUT

I	C	I	L	Y	S	C	A	L	D	E	D			
R	R	U	P	E	E	I	E	E						
P	E	S	O	S	C	A	N	D	L	E	S			
A	F	N	O	F	P									
C	L	E	A	N	S	E	I	N	F	R	A			
E	O	A	F	S	A	L								
T	E	E	M	E	D	B	A	S	B	L	E			
N	T	O	N	A	M	I								
A	B	U	T	S	I	N	I	T	I	A	L			
C	P	E	A	S	I									
C	A	M	E	L	O	T	A	E	T	N	A			
E	O	A	B	A	T	H	E	R						
P	I	C	A	S	S	O	E	C	L	A	T			

QUICK

L	S	E	T	O	A									
F	L	O	R	I	D	N	A	T	I	V	E			
E	E	I	O	D										
T	W	O	T	I	M	E	R	O	M	A	R			
E	T	I	F	N										
F	R	I	A	R	O	F	F	E	N	D	S			
A	T	S	A	H	E									
E	F	F	O	R	T	S	S	T	E	V	E			
T	I	S	S	A										
O	D	I	N	W	O	N	D	E	R	L	A			
E	R	T	E	V	S									
O	C	T	O	P	I	D	E	I	G	N	S			
A	T	N	E	G	E									

MENSA PUZZLE
Entanglement

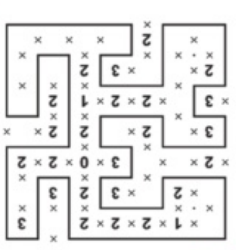
BULL'S EYE
atop, CAPITOL, clap, clip, opal, optic, OPTICAL, pact, pail, patio, pica, pilot, plait, plot, topic, TOPICAL

SUDOKU

2	5	8	3	4	1	7	9	6
9	6	4	5	2	7	3	1	8
3	1	7	8	9	6	5	4	2
4	8	9	2	5	3	6	7	1
7	2	1	9	6	4	8	5	3
6	3	5	1	7	8	4	2	9
5	7	3	6	1	9	2	8	4
1	4	6	7	8	2	9	3	5
8	9	2	4	3	5	1	6	7

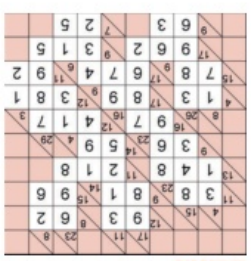
ALPHA TRIANGLE
U, Nu, Run, Ruin, Inure, Injure, Juniper.

LOOP



GO FIGURE
Easy
7 – 6 + 2 + 3 = 6
Medium
9 x 4 / 9 – 1 = 3
Hard
3 – 5 + 3 + 9 = 10

KAKURO



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Woman's best friend

Shraddha Kapoor's friendship day post tells a heartwarming story

Actress Shraddha Kapoor celebrated Friendship Day on Sunday by sharing an adorable post dedicated to her best friend -- her pet dog, Shyloh.

Taking to Instagram, the actress posted a series of heartwarming pictures with Shyloh, showcasing their special bond.

In the caption, Shraddha wrote: "Kaun kehta hai ki sabse acche dost insaan hi hone chahiye??? (Who says that the best friends have to be humans???)"

The 'Aashiqui 2' actress can be seen taking selfies with her adorable dog in the photos, sporting a no-makeup look.

Her post highlighted the deep connection she shares with her furry friend, challenging the notion that only humans can be best friends.

The pictures feature Shraddha and Shyloh enjoying playful moments together, capturing the pure and unconditional love between them.

Fans and followers quickly flooded the comments section with love and appreciation for the actress's heartfelt tribute to her pet.

One fan wrote: "Aj toh shylohday hogya," while another said: "Doggie ki pakki dosthi = lifetime pakki sachi masthi." Shraddha, who is known for her roles in films like 'Aashiqui 2', 'Stree', and 'Chhichhore', often shares glimpses of her life with Shyloh on social media, making it clear that her pet holds a special place in her heart.

This Friendship Day post not only showcases the actress's affection for Shyloh but also serves as a reminder that true friendship transcends species.

Shraddha's bond with her pet dog resonates with many pet owners who consider their furry companions as family.

On the professional front, Shraddha is gearing up for her next release, 'Stree 2'.

-IANS

Euro tour wrapped up

Actress Kareena Kapoor Khan, who was recently seen in the heist film 'Crew', has wrapped up her European vacation and is set to return to work.

On Sunday, Kareena took to Instagram and shared a series of delightful photos with her husband, Saif Ali Khan, marking the end of their summer holiday.

In the images, the couple is seen enjoying picturesque scenery, radiating happiness and relaxation.

In the first photo, Saif is seen covering his face with a hat, while in another picture, Kareena relaxes in a field with a blue sky in the background, wearing a denim top.

Kareena captioned the post: "Chalo ji time to work... And that's a wrap to summer 2024. See you soon, My Mumbaiiii."

The couple's European getaway has been a joyful break, with Kareena frequently sharing glimpses of their vacation on social media, much to the delight of their fans.

From serene landscapes to cozy family moments, their vacation photos have beautifully captured their time away.

Now, with summer 2024 behind them, Kareena is ready to dive back into her professional commitments.

Her heartfelt caption reflects her eagerness to return to Mumbai and resume work. Fans and followers responded enthusiastically to Kareena's post, expressing their excitement for her return and wishing the couple a safe journey back home. One fan wrote, "Kareena must feel so 'Saif' with him. Love you both," while another commented, "Summers with Bebo."

-IANS

Orange oomph

Pooja Hegde's enchanting wardrobe can paint the town orange

Watch this story come alive on your device by scanning this QR code

Zac Efron doing 'fine' after 'minor swimming incident'

Hollywood actor Zac Efron is now fine after briefly being in hospital after "minor swimming incident" while vacationing in Spain.

The actor was staying at a villa in Ibiza, a Spanish island, when he had a "minor swimming incident" while using the pool, a representative for the actor told people.com.

Efron was taken to the hospital for precautionary measures and was released the next morning. "He is fine," the representative said.

"The Iron Claw" actor was recently seen making an appearance onstage with DJ Martin Garrix during his performance at a beach club in the Spanish city.

In a video captured by the "Animals" musician's fans on TikTok, Efron could be seen walking onstage during one of Garrix's songs and dancing alongside him, to plenty of cheers from the crowd.

After appearing in "The Iron Claw", the actor has had a busy year with "Ricky Stanicky" and most recently, his romantic-comedy alongside Nicole Kidman and Joey King titled "A Family Affair".

In June, Efron and co-star Kidman, spoke and revealed that before their film was called "A Family Affair", it had a different, much raunchier title.Kidman said that the title was: "Beeped out." "Somehow that didn't make it onto the Netflix title," she joked, while Efron added that the eye-catching title made him strongly consider taking on the project.

"It's like, what on Earth could this be about?" "I jumped. I think we both kind of did. We jumped at it," Efron said of his and Kidman's enthusiasm to work together again, after they previously co-starred in 2013's "The Paperboy".

-IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Thrilling ride

A group of theater artistes have attempted to prove their acting skills with Prakarana Thanikaa Hantadallide (Case is under investigation). The movie's poster was released recently and is getting good response.

Whenever a crime occurs, officials tell the media that they cannot not give more information since Prakarana Thanika Hanthadallide (the case is under investigation). Debutant director Sundar S has selected this oft repeated phrase as the title for his movie. "This title is apt for this movie which is a crime thriller. My team decided to make this movie because not many crime thrillers are being made in Kannada unlike in Malayalam. I am sure the movie will entertain the audiences," said Sundar.

Sundar, an MBA graduate, is from Nanjangud in Mysuru. "I quit my job a year ago to focus on movies. I have not worked as associate or assistant under any director. I tried to prove my talent as a director through this movie. I am very happy with the support from actors who have experience in theater, and technicians of this movie," he said.

The movie's shooting was held in Bengaluru and Kanakapura for 13 days.

Lockdown tales

Debutant director Sridhar Shastry is excited about the release of maiden movie Tenant. Shastri, originally from Raichur has worked as a VFX artist for four years. The movie is based on incidents that took place during covid-19 lockdown in Tirupati and other cities. Shastry said the movie has nothing to do with a film dubbed in Kannada with a similar title that was released in April 2024.

"My movie is different from that film. My movie is based on the incidents that took place during the lockdown. It is a mix of four to five incidents and it revolves around five characters. Its shooting was held at a house in Bengaluru," director Shastry said.

Tenant is scheduled for release in September. "The movie belongs to the crime genre but it emphasises on the importance of family life and has a message to society," the director said.

The movie features Keerthi Raj, Tilak, Sonu Gowda, Rakesh Mayya, and Ugram Manju.